



**PE 021B Beginning Fitness Lab (1)**

*Class Hours: 54 Laboratory*

*Prerequisite(s): PE 021A*

*Transfers to: UC/CSU*

Beginning Fitness Lab

PE 021B is the second in a series of four courses designed to emphasize a beginning level in proper techniques of stretching and warm-up prior to exercise, proper use of all lifting and cardiovascular endurance stations, and skills that develop overall fitness. Students will develop an intermediate level of expertise in improving weight lifting and aerobic baselines with emphasis on individual programs that target specific outcomes.

**PE 021C Intermediate Fitness Lab (1)**

*Class Hours: 54 Laboratory*

*Prerequisite(s): PE 021B*

*Transfers to: UC/CSU*

Intermediate Fitness Lab

PE 021C is the third in a series of four courses designed to improve overall fitness by emphasizing proper techniques of stretching and warm-up prior to exercise, and proper use of all lifting and cardiovascular endurance stations.

**PE 021D Advanced Fitness Lab (1)**

*Class Hours: 54 Laboratory*

*Prerequisite(s): PE 021C*

*Transfers to: UC/CSU*

Advanced Fitness Lab

PE 021D is the fourth in a series of four courses designed to improve overall fitness is by emphasizing proper techniques of stretching and warm-up prior to exercise, and proper use of all lifting and cardiovascular endurance stations.

**PE 022A Beginning Volleyball (1)**

*Class Hours: 54 Laboratory*

*Transfers to: UC/CSU*

Beginning Volleyball

PE 022A is the first in a series of four courses designed to provide instruction and practice in the basic skills necessary for participation in competitive volleyball. The course will develop introductory skills and knowledge of the game, with specific emphasis on the individual skills of passing, setting, serving, and attacking.

**PE 022B Intermediate Volleyball (1)**

*Class Hours: 54 Laboratory*

*Prerequisite(s): PE 022A*

*Transfers to: UC/CSU*

Intermediate Volleyball

PE 022B is the second in a series of four courses designed to provide instruction and practice in the intermediate skills necessary for participation in competitive volleyball. The course will develop intermediate skills and knowledge of the game, with specific emphasis on the individual skills of passing, setting, serving, and attacking.

**PE 022C Advanced Volleyball (1)**

*Class Hours: 54 Laboratory*

*Prerequisite(s): PE 022B*

*Transfers to: UC/CSU*

Advanced Volleyball

PE 022C is the third in a series of four courses designed to provide instruction and practice in the advanced skills necessary for participation in competitive volleyball. The course will develop advanced skills and knowledge of the game, with specific emphasis on the individual skills as they relate to defensive and offensive systems.

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**PE 022D Master Volleyball (1)**

*Class Hours: 54 Laboratory*

*Prerequisite(s): PE 022C*

*Transfers to: UC/CSU*

**Master Volleyball**

PE 022D is the fourth in a series of four courses designed to provide instruction and practice in the advanced skills necessary for participation in competitive volleyball. The course will develop advanced skills and knowledge of the game, with specific emphasis on the individual skills as they relate to defensive and offensive systems.

**PE 023 Weight Training (1)**

*Class Hours: 54 Laboratory*

*Transfers to: UC/CSU*

**Weight Training**

PE 023 is designed for physical conditioning, with emphasis on power, strength, endurance and cardiovascular fitness.

**PE 024 Circuit Training (0.5 - 1)**

*Class Hours: 54 Laboratory*

*Transfers to: UC/CSU*

**Circuit Training**

PE 024 is an activity class involving a series of weight training stations. The weight trainer performs an exercise and at one station and rapidly moves to the next station with little or no rest.

**PE 025A Introductory Soccer (1)**

*Class Hours: 9 Lecture | 27 Laboratory*

*Transfers to: UC/CSU*

**Introductory Soccer**

PE 025A is an introductory course designed to present basic skills in the sport of soccer, including dribbling, passing, trapping, shooting and goal keeping. This course will also give the students knowledge and practice in the offensive and defensive strategies involved in the game of soccer.

**PE 032A Beginning Basketball (1)**

*Class Hours: 54 Laboratory*

*Transfers to: UC/CSU*

**Beginning Basketball**

PE 032A is designed to provide instruction and practice in the basic skills necessary for participation in competitive basketball. The course will develop introductory skills and knowledge of the rules, with specific emphasis on the individual skills of passing, dribbling, and shooting.

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